

Avoid Mosquito Bites!

Prevent West Nile Virus!

Did you know:

- **Mosquitoes bite until the first heavy frost (end of October)!**
- **Everyone participating in outdoor school activities need protection against West Nile Virus and EEE!**

Here's what you can do:

- **Use bug spray for all outside sports, team practices, school field trips, etc.**
- **Use bug spray with 30% DEET or less.**
- **Wear long-sleeved shirts and long pants.**
- **Remind family and friends to avoid mosquito bites.**